



**NORTH DAKOTA**  
DEPARTMENT of HEALTH

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## NEWS RELEASE

For Immediate Release:  
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### **More Influenza Vaccine Available for High-Risk North Dakotans**

*Please note: The following information will be discussed at today's 10:30 a.m. media conference call. Dial-up information is available at [www.nddohpressroom.gov/media/news/](http://www.nddohpressroom.gov/media/news/).*

BISMARCK, N.D. – The North Dakota Department of Health today announced that more influenza vaccine is available in the state. As a result, State Health Officer Terry Dwelle urges North Dakotans at high risk for complications from influenza to get a flu shot.

The state health department recently ordered 2,000 doses of influenza vaccine that will be distributed through the local public health units across the state. Another 5,700 doses are available for order in December and January. In addition, private and public health-care providers have received vaccine orders. That means flu shots are available across the state for high-risk individuals.

“North Dakotans have been extremely understanding and patient throughout the vaccine shortage this fall,” Dwelle said. “In fact, many people who are at high risk of complications from the flu have had to wait for a shot to become available. Now that the state is receiving more vaccine, it’s very important that every person at high risk of complications get a flu shot. It’s their best defense against the flu.”

The Department of Health recommends that people in the following risk groups contact their health-care provider or local public health unit to arrange a flu shot:

- Children age 6 to 23 months
- Adults 65 and older
- People of any age who have chronic medical conditions
- Pregnant women
- Residents of long-term care facilities

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*Visit the health department home page at [www.ndhealth.gov](http://www.ndhealth.gov).*

- Health-care workers involved in direct patient care
- Caregivers and household contacts of children younger than 6 months

Children younger than 9 who receive the flu vaccine for the first time need two doses at least four weeks apart. Parents are encouraged to contact their child's health-care provider to inquire about the second dose.

So far this season, 18 cases of influenza have been reported to the Department of Health. At this time last year, 400 cases had been reported.

“Although we haven't seen a lot of flu activity yet this year, it's important for people to remember that influenza season in North Dakota often lasts until May,” Dwelle said. “That's why we are encouraging high-risk people to get a flu shot now and the rest of us to do everything we can to stop the spread of the flu. We all should cover our coughs and sneezes, throw our tissues in the trash, wash our hands often and thoroughly, and stay home if we are sick.”

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*Please note: To access archived news releases and other information, visit the North Dakota Department of Health Press Room at [www.nddohpressroom.gov](http://www.nddohpressroom.gov).*